

Facial Surgery Center

FACE LIFT POST-OP INSTRUCTIONS

SUTURE LINE CARE:

Supplies Needed: Polysporin Ointment
Cotton Tip Applicators
3% Hydrogen Peroxide (Fresh)

Mix half water and half peroxide. Use this solution and cotton tip applicators (Q-Tips) to clean the stitches carefully. Dry area, rolling Q-Tips over the stitches and cover the area with the Polysporin ointment.

* DO NOT ALLOW ANY area to dry out or scab over. *
REPEAT this cleaning 4 to 5 times per day.

IMMEDIATELY UPON ARRIVING HOME:

- * HEAD ELEVATION: Lie down with your head and back elevated with two pillows. You must sleep in this position for one week.
- * DRESSING/DRAINS: Do not remove bandages. These will be removed at the office on your first follow-up appointment. Drains, if present, should not be disturbed in any way. Follow the instructions regarding the use and emptying of drains as given by the doctor or nurse.
- * ACTIVITY: Go directly home and rest with your head elevated for 24 hours. Have someone assist you around the house. Breathing deeply several times a day for 1-2 days after surgery will clear your lungs and lower your risk of post-op fever.
- * ICE PACKS: Place ice packs (ice in zip-loc baggies or packages of frozen peas) over the suture areas for 24 hours. DO NOT put ice on after 24 hours unless you are told to do so.
- * SWELLING/BRUISING: Ice packs will keep swelling and bruising to a minimum. Bruising often lasts 5 to 10 days.
- * MEDICATIONS: Take pain medication ONLY IF NEEDED and with food or crackers.
- * DIET: Upon arriving home from surgery, begin with clear liquids until fully awake, then begin regular food intake.